

Raising Resilient Kids
The Circle of Courage


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ReclaimingYouth.org

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Resource and Adoptive Parent Training
Virtual Conference, Indianapolis, Indiana

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Raising Resilient Kids
The Circle of Courage



Courage

Resilience

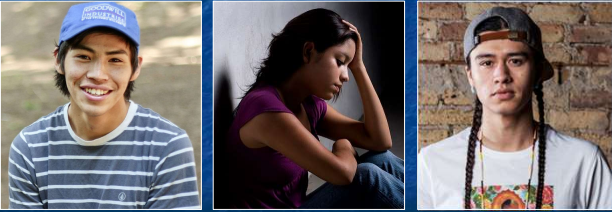
Adversity

Reclaiming

2

Most problem behavior results from unmet needs.
Meeting developmental needs is the pathway to growth.

ABRAHAM MASLOW



Preventing Problems

Healing Trauma

Building Strengths

3



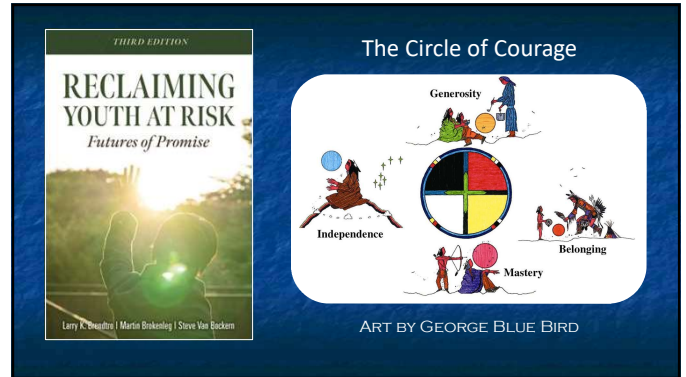
Across cultures and the lifespan, people have the same needs.

MARTIN BROKENLEG

4



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10



Children thrive when needs are met and are at risk when needs go unmet.

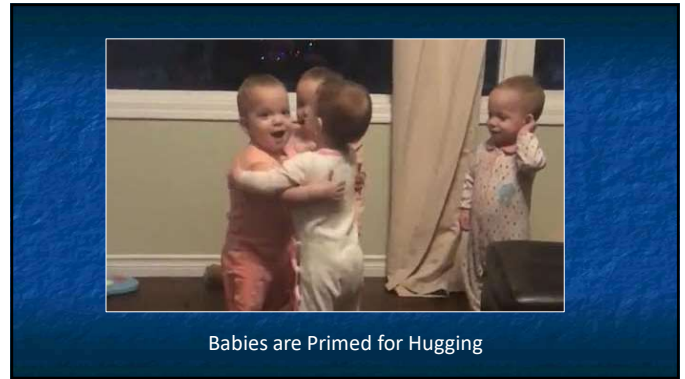
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Babies are Primed for Hugging

14



15



Indigenous Wisdom

The old are dedicated to the service of the young as their teachers and advisors, and the young in turn regard them with love and reverence.

OHIYESA
[CHARLES EASTMAN]

The Soul of the Indian, 1911

16



Every child needs at least one adult
who is crazy about him or her.
URIE BRONFENBRENNER

17

Humans have two hormones for bonding.



OXYTOCIN tames aggression
and fear. Females have more
oxytocin for use in *nurturing*.

VASOPRESSIN can enhance
aggression. Males have more
vasopressin for *protecting*.

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Trust and
Bonding



EROS

Oxytocin
Moments



PHILIA



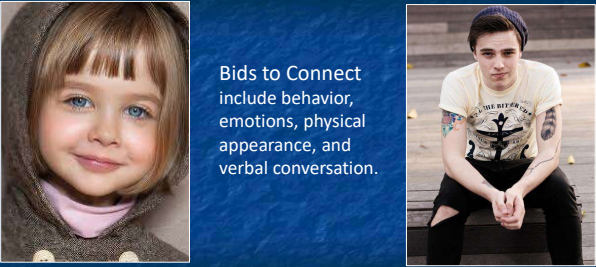
AGAPE

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Hugging releases oxytocin fostering trust and bonding.

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Bids to Connect include behavior, emotions, physical appearance, and verbal conversation.

21

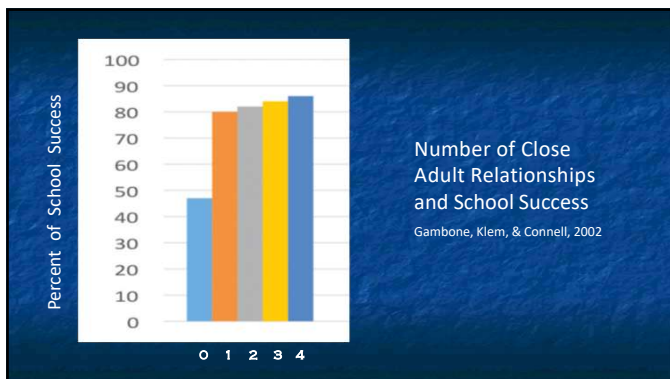
Disconnected youth desperately pursue "substitute belongings."

KARL MENNINGER



Connected to Gangs Connected to Chemicals Abusive Relationships

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MASTERY



24



25



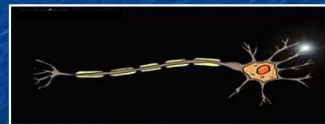
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All children have an inborn drive to learn and master.



27

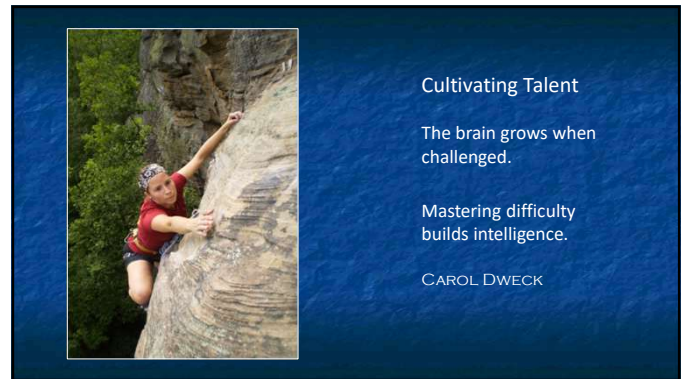
Mastery grows
myelin on brain
pathways.



28



29



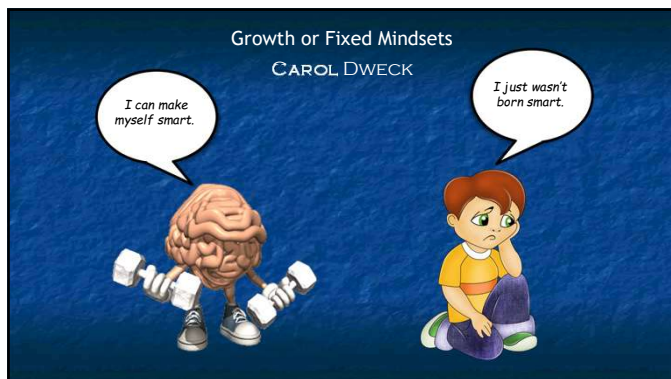
Cultivating Talent

The brain grows when challenged.

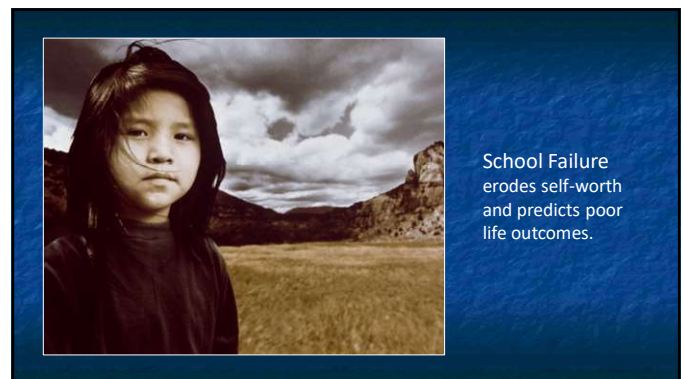
Mastering difficulty builds intelligence.

CAROL DWECK

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31



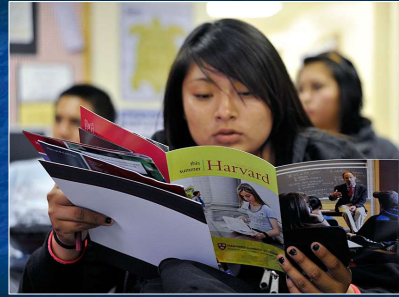
School Failure erodes self-worth and predicts poor life outcomes.

32



Defiant behavior in school is an attempt to rescue self-respect.

33



School Success has a lasting effect on life adjustment despite other problems.

34



Failure is Feedback

*Try again.
Fail again.
Fail better.*

SAMUEL BECKETT

35

INDEPENDENCE



36

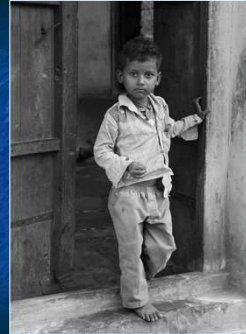


Learning Responsibility

Native children were given many responsibilities. However, modern society excludes young people from responsibility and then blames them for their lack of responsibility.

RUTH BENEDICT, 1938

37



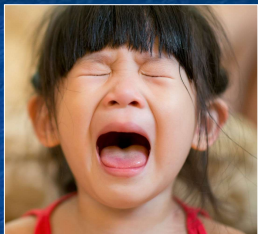
Glenbow Archives PA-3385-185

Independence

Abraham Maslow and the Blackfoot Nation in Alberta, Canada, 1938

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Independence Requires **Self-Regulation**



Inner-Control

Managing inner emotions and impulses



Coping with Challenges

Managing external problems and stressors

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Independence Requires **Self-Confidence**



Belief in one's power to cope with challenges.

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How do children learn emotional regulation?



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They borrow their caregiver's calm brain.

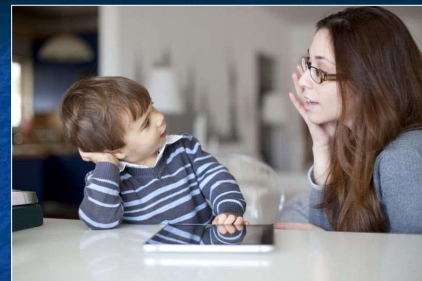


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CAREGIVERS meet their NEEDS

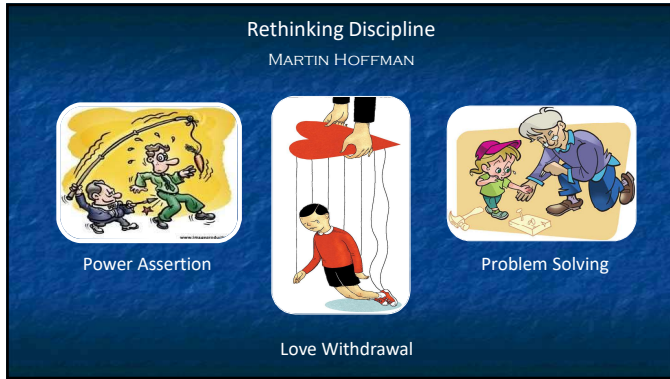


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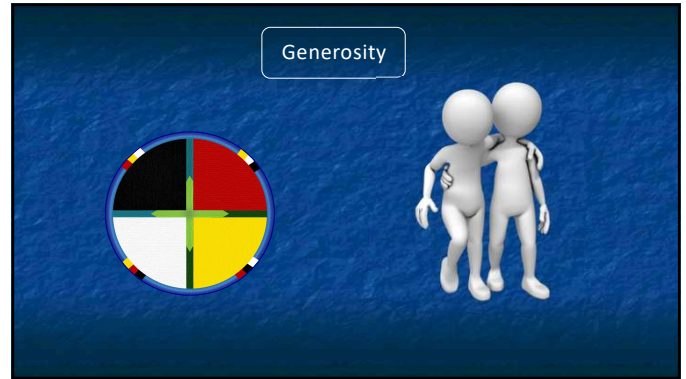


Using problems as learning opportunities.

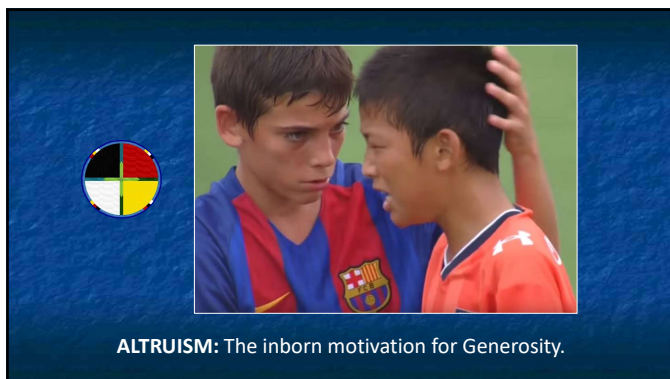
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Genes for Generosity



For 99% of our history, we lived in hunter-gatherer groups.
Our genetic code equips us to thrive in cultures of cooperation.

PETER GRAY

49



Compassion is the most powerful human instinct.

CHARLES DARWIN

50



Altruism and
Empathy are Inborn

MAX PLANCK
INSTITUTE
Germany

51

Compassion in small children predicts prosocial behavior in adolescence.



52



Helping, sharing, and consoling in third grade
is the best predictor of achieving in eighth grade.

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Teaching Respect
in a Toxic World

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Cross-age helping is
essential for positive
development.

URIE BRONFENBRENNER

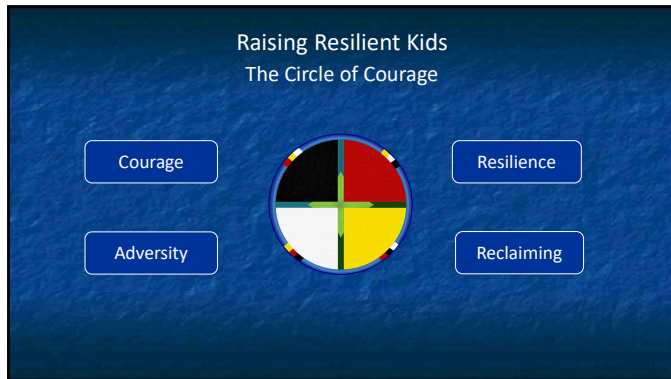
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Finding Purpose

Helping gives proof of one's worth—being of value to others.

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Adverse Childhood Experiences
Kaiser Permanente and Center for Disease Control

Household Stress

1. Divorce or separation
2. Substance abuse
3. Domestic violence
4. Criminal behavior
5. Mental illness

Abuse and Neglect

6. Psychological abuse
7. Physical Abuse
8. Sexual Abuse
9. Physical Neglect
10. Emotional Neglect

What is missing from this list?

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Felt safety which has to be determined by each individual, includes emotional, physical, and relational security.

KARYN PURVIS

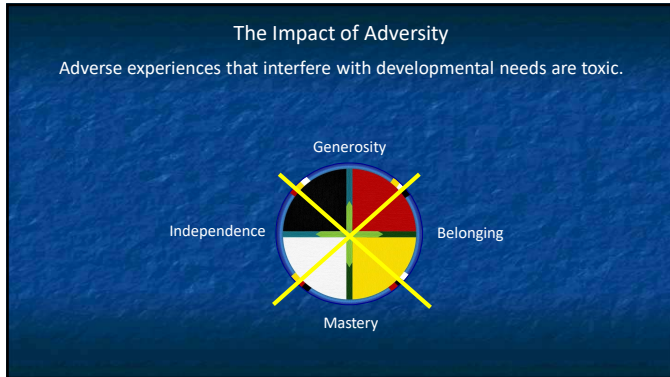
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Distrust = Unsafe

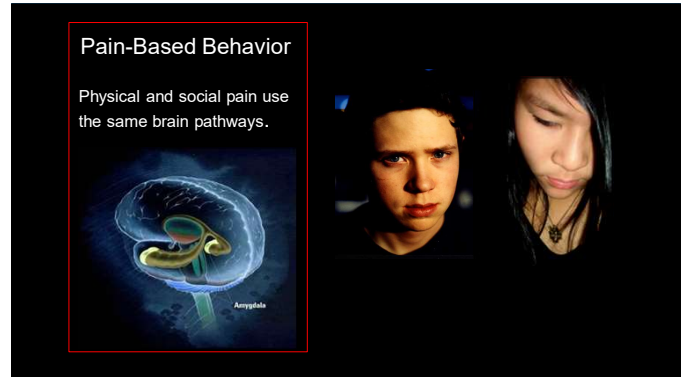
A child who is refusing offers of emotional connection is feeling unsafe.

FRANCINE COURNOIS

60



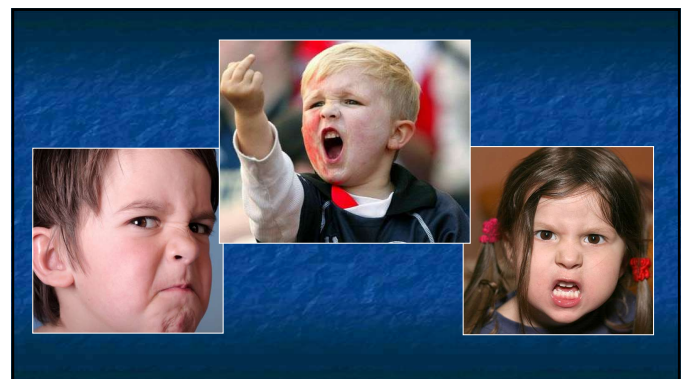
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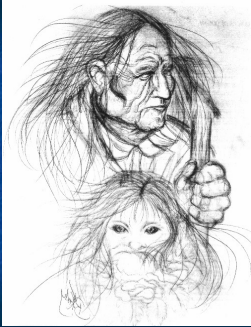
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A teen girl draws this image of her childhood trauma.

What does this art tell us about her pain?

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The Path to Trauma



66

Defining Trauma

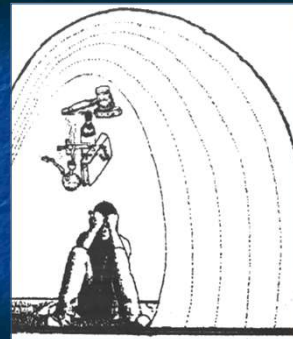


Threatened and helpless
BESSEL VAN DER KOLK

Fear, terror, helplessness
BRUCE PERRY

Too much stress with
too little support.
ALAN SROUFE

67



What are stressors in this boy's life?


68



Simple Trauma
One overwhelming traumatic event

Complex Trauma
Multiple highly stressful events

69



Developmental Trauma
(also called Relational Trauma)


Results from multiple, prolonged, adverse events, often beginning in early childhood relationships.

Includes physical, emotional, and educational neglect and maltreatment.

BESSEL VAN DER KOLK

70

Which is the primary effect of relational trauma?



- a. Impaired Trust
- b. Impaired Learning
- c. Emotional Numbing
- d. Emotional Dysregulation

71



A breakdown in the capacity to regulate internal states like fear, anger, and behavioral impulses.

BESSEL VAN DER KOLK

72



Touch, the most elementary tool we have to calm down,
is proscribed from most therapeutic practices

BESSEL VAN DER KOLK

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Racial and Cultural Trauma



74



Racial oppression

is a traumatic form of interpersonal violence which can lacerate the spirit, scar the soul, and puncture the psyche.

KENNETH HARDY
Drexel University

75

Impact of Racial and Cultural

KENNETH HARDY

Overt Symptoms

Acting Out
Withdrawal
Helplessness
Hopelessness
Substance Abuse



Hidden Wounds

Disrespect
Voicelessness
Wounds of Rage
Wounded Self-Worth

76

Race



Religion



Positive relational support can counter identity trauma.

Class



Sexuality



77




Healing Trauma

Parents, counselors, teachers, coaches, direct-care workers, case managers, and others are all in a position to help a child heal.

RICKY GREENWALD
Child Trauma Handbook

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Raising Resilient Kids
The Circle of Courage




Courage

Resilience

Adversity

Reclaiming

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VOICES OF PIONEERS

Every trauma survivor I've met is resilient in his or her way, and every one of their stories inspires awe at how people cope.

BESSEL VAN DER KOLK

80

The Deficit Model

Problems are *symptoms* of disease or disorder.

Interventions focus on drugs and behavior control.



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The Resilience Model

Problems are *attempts* to cope with challenge.

Interventions focus on meeting growth needs.



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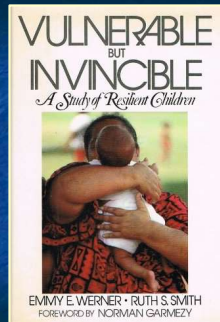


What is Resilience?

Re-sil-i-ence: from Latin *resilire*, "to leap back."

It means bouncing back from difficult life events.

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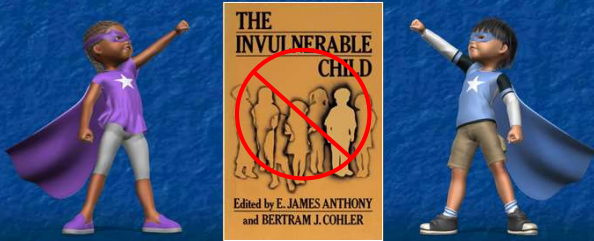


Kauai Resilience Study

Followed children born in 1955 for over a half century. This was the classic early research on "resilience."

84

T F Resilient children have personality traits of invulnerability.



85

We all Experience both Risk and Resilience



The world breaks everyone and, afterward, many are strong at the broken places.

ERNEST HEMINGWAY, *A Farewell to Arms*

86



Recruiting Relational Support

Resilience is related to extraversion, intelligence, and social skills. But resilience is not a personality trait. Instead, persons with these attractive qualities are better able to recruit relational support.

87



Roots of Resiliency

Children who showed resilience were loved regardless of their behavior, intelligence, or attractiveness.

88



Children who often got negative responses from others were vulnerable.

Children who mostly got positive responses from others were stress-resistant.

89



With positive connections, a majority can surmount almost any risk.

EMMY WERNER

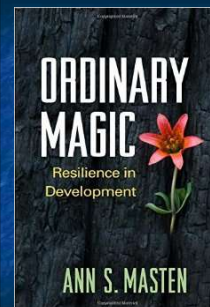
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~~SHIELDING~~
Risk-free
child-care

STEELING
Coping with risk
builds resilience

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Resilience is not Rare but the ordinary magic of the adaptive minds, brains, and bodies of children in families, relationships, and communities.

ANN MASTEN



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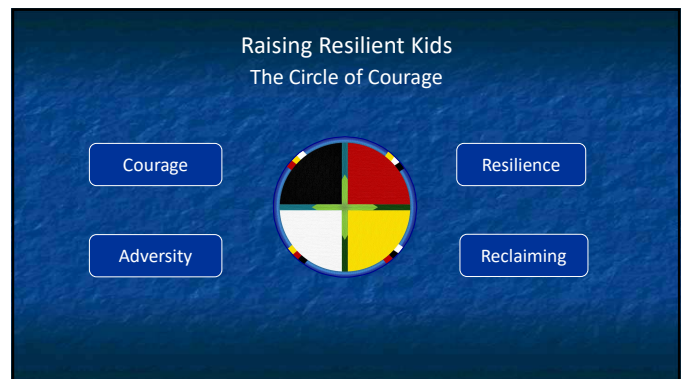
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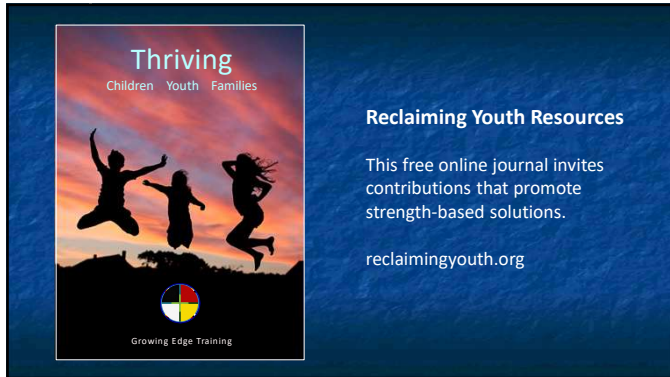
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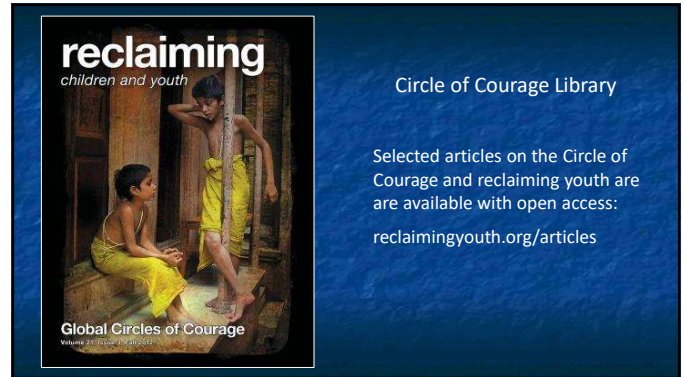


Reclaiming Youth Resources

This free online journal invites contributions that promote strength-based solutions.

reclaimingyouth.org

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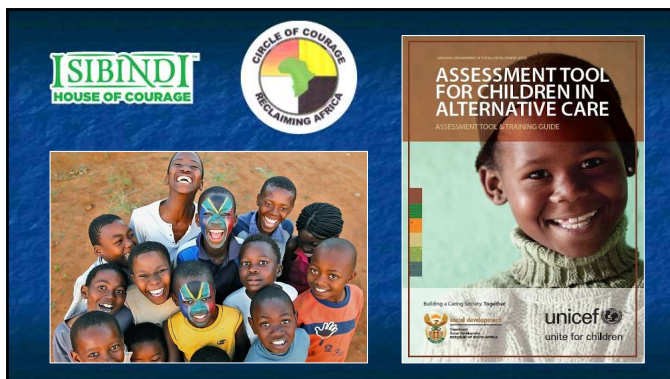


Circle of Courage Library

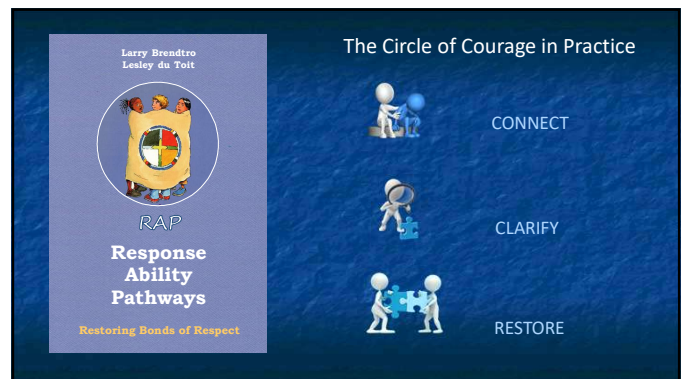
Selected articles on the Circle of Courage and reclaiming youth are available with open access:

reclaimingyouth.org/articles

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Universal Problem Solving



CONNECT for Support

Create safety and trust so that the person is open to receiving help.



CLARIFY Challenges

Reflect on how actions affect self and others and find new coping strategies.





RESTORE Respect


Strengthen belonging, mastery, independence, and generosity.

101

CLEAR Solutions™

The Brain's Natural Problem-Solving Process



Challenge	Logic	Emotions	Action	Response
What triggered the event?	What was the person thinking?	What was the person feeling?	What was the specific behavior?	What was the final outcome?

102



Exploring life events gives a window into the "inside kid."

103

Larry Brendtro
Beate Kreisle




PPC
**Positive
Peer
Culture**
Building Strengths in Youth



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Turning Problems into Strengths



Problems	Strengths
BELONGING	BELONGING
1. Mistrust	Trust
2. Conflict	Cooperation
MASTERY	MASTERY
3. School Difficulty	Talent
4. Social Difficulty	Social Skills
INDEPENDENCE	INDEPENDENCE
5. Lacks Self-Control	Self-Control
6. Lacks Self-Confidence	Responsibility
GENEROSITY	GENEROSITY
7. Self-Centered	Caring
8. Disrespect	Respect

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THE OTHER SIDE

JUAN PABLO VILLALOBOS






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REACHING TEENS

STRENGTH-BASED COMMUNICATION STRATEGIES TO BUILD RESILIENCE AND SUPPORT HEALTHY ADOLESCENT DEVELOPMENT




Edited by
Anthony A. Durlak, PhD, MEd, MEd, PhD
and Thomas P. Gullotta, PhD

• 100% Clinical-based edition
• Expert guidance from adolescent health professionals, youth program staff, and teens
• Save up to \$100 (MSRP) on this edition

American Academy of Pediatrics
ADVANCING THE HEALTH OF ALL CHILDREN

Handbook of Social and Emotional Learning

Research and Practice




edited by Joseph A. Durlak,
Celene E. Domitrovich, Roger P. Weissberg,
and Thomas P. Gullotta

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DEEP BRAIN LEARNING

Larry K. Brendtro Martin L. Mitchell

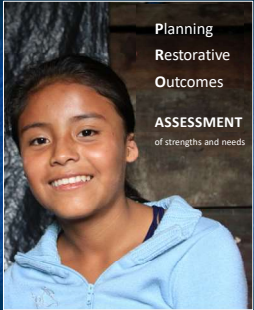


evidence-based essentials
for the adolescent and young adult population

reclaimingyouth.org

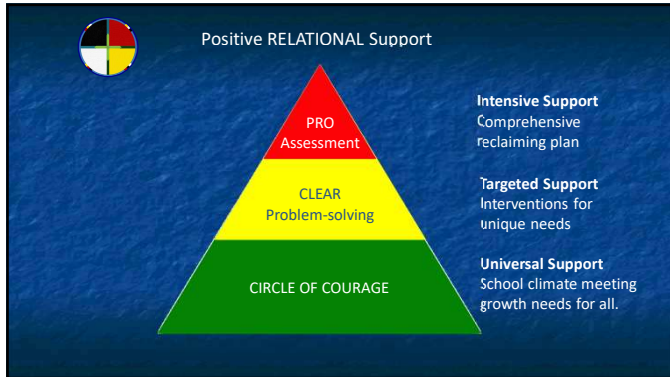
Planning
Restorative
Outcomes

ASSESSMENT
of strengths and needs



Online course reclaimingyouth.org



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The Three Pillars of Transforming Care
Trauma and Resilience in the Other 23 Hours
Howard Bath & John Seita

Trauma	Resilience
Danger	Safety
Disconnection	Connecting
Dysregulation	Coping

HOWARD BATH JOHN SEITA

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REACTING to Problems

RESPONDING to Needs

Controlling the person
Harsh aggressive tone
Retaliating to hostility
Punishing problems

Calming the person
Concerned assured tone
Defusing hostility
Solving problems

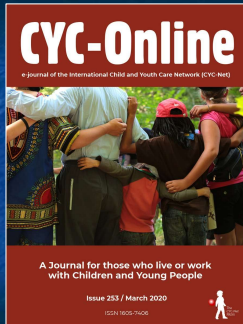
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10 Steps to Create a Trauma-Informed Resilient School
FOR CLASSROOMS, SCHOOLS, AND DISTRICTS
Caelan Soma, PsyD, LMSW
Derek Allen, MA

Starr Commonwealth in Albion, Michigan, hosts an international online network of resources linking trauma-informed approaches and the resilience-focused Circle of Courage model.

www.starr.org

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The International Child and Youth Care Network headquartered in South Africa hosts thousands of daily visits from all countries to its website cyc-net.org. This open-access site links to thousands of articles, publishes books and online journals, and hosts discussion groups.

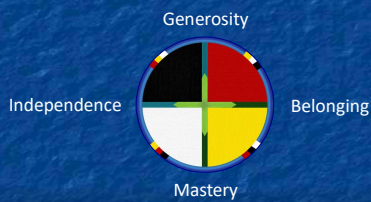
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The Annual Reclaiming Youth Seminars has drawn participants world-wide to South Dakota for three decades, held each July at Augustana University where the Circle of Courage originated.

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The Circle of Courage

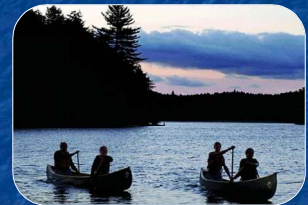


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BELONGING



Relationships of Trust



Positive Peer Influence

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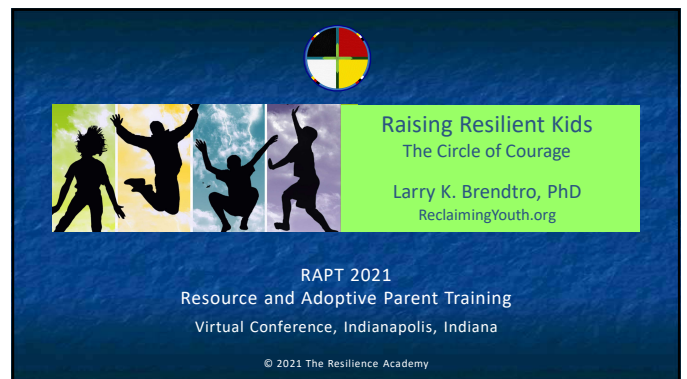
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